

Introducing Andy, our new addition to the team



We are very excited to welcome our new Community and Projects Coordinator, Andy, to **HANDS TOGETHER LUDLOW**! You may have seen and met Andy at The Hub as he has been settling in to his new role by doing a day a week. From Mid-March Andy will be here 5 days a week so do say hello and make him feel welcome if you see him. We caught up with him to see how it's been going so far.

Why did you apply for this job? I have always had an ambition to work in the third sector at some point in my career. Hands Together Ludlow offers an excellent opportunity to make a positive difference in my local community and is highly regarded. I am delighted to be part of it.

What were you doing before this job? I worked as an Investment Banker.

What do you think your biggest challenge will be? Adapting my formal (stuffy!) communication style to one that is more appropriate.

Where do you work? I am primarily based in the office at Hands Together Ludlow, with some localised travel required.

What have you been doing in your first few weeks? Getting to know the policies and procedures, meeting and building relationships with beneficiaries and the rest of the staff team. My immediate focus is the organisation of an inaugural networking meeting in March.

What are you looking forward to most about working for Hands Together? Immersing myself in the work and becoming a valuable resource for my colleagues and the Charity as a whole.

A look back at what we achieved in 2023

2023 was our busiest year yet! We worked with over 551 people throughout last year plus 200 individual users at the Community Fridge each month. We served over 1000 2-course meals and 517 teas and provided 143 packed lunches to children eligible for free school meals during the last 3 weeks of the Summer Holidays. The Good Grief Café had 185 attendances by 35 individuals, and we provided 117 Digital Support sessions to 39 different people. Over 100 volunteers were registered with us last year who gave us 9,576 hours of their time which equates to over £150,000 of social value which is truly amazing. To showcase all we have achieved, we have transformed our data to produce our 2023 Annual Report. You can take a look at what we got up to last year by following this link - [Flipbook \(flipbookpdf.net\)](#)

Become our friend

You can now support Hands Together by becoming one of our Friends as part of our new scheme. It takes the whole town working together to build and maintain an equitable, safe, empowering and future-focused environment for all, visitors and residents alike. As a Friend of Hands Together Ludlow, you will be investing in the people, the place and a vision that will grow and develop alongside the needs of the town. By [signing up](#) as a Friend you can have a voice by also signing up to be a member for voting rights at our AGM. More information on ways you can support Hands Together Ludlow can be found [here](#) on our website.



Ludlow Men's Shed to host a 3D woodcarving course



Following on from two successful relief wood carving courses last year, Ludlow Men's Shed will be hosting a 3D woodcarving course on Saturday 23rd March. Ludlow woodcarver Andrew Pearson will again be leading the course which is aimed at those who do have some experience. The whole day course costs only £40 and there are only a couple of vacancies left. If you are interested, please contact David Burton, his email address is sheds.handstogetherludlow@gmail.com.

Professional Photos

We recently had Mike from Mike Dodson Photography at the building to take some fabulous photos of a few of our events we hold at the building and Social Space. This particular day included the Walks for All Group popping in for a warm drink and piece of cake, Digital Drop-In and general activity at Ludlow Men's Shed. Mike was able to capture lots of laughter and smiles and the overall buzz of the building. We are extremely happy with them and thought our subscribers may like to have a peak at a few of them!



Staff and volunteer training

Staff and volunteers have taken part in Social Media and Marketing training.

A new Falls Class by Elevate coming to Ludlow

Elevate evidence-based strength and balance classes are designed to improve mobility and prevent falls. They are available for people aged over 60 across Shropshire. Energize are starting a new class in Ludlow which will be held at St Peter's Church every Wednesday for 19 weeks. If you are interested in attending, you will need to attend a brief 20-30 minute assessment on Wednesday 13th March to start classes the following week.

The cost of the class is £5.00 and includes refreshments and social time with other participants. Once the classes have finished after 19 weeks, participants are very welcome to join Age UK Shropshire, Telford and Wrekin's Midweek Movers sessions at the same time and venue.

Complete the referral form which can be accessed via their [website](#) to register your interest. You will then be contacted with an assessment appointment time for Wednesday 13th March. Please email elevate@energizestw.org.uk if you have any questions or need any further information.



Volunteering opportunity at Ludlow Racecourse



Volunteers are needed to support the annual Ludlow Racecourse Charity Lunch on Thursday 21st March in aid of the RDA Cavalier Centre in Much Wenlock.

Volunteers need to be able to attend a morning briefing at Ludlow Racecourse (SY8 2BT) at 10:30am on the day, then volunteer at the luncheon which includes a silent and main auction. The roles required may include bucket shaking, manning the silent auction stand, pointing out bidders during the main auction, welcoming people in on arrival amongst other roles that are essential to the success of the event.

Volunteers will be provided with lunch and, once the luncheon and auction are complete, are very welcome to stay on and enjoy an afternoon of racing free of charge. If you would like to get involved or have any questions please contact Clare Ware on clare@willevestates.co.uk.

Hedgerow creativity workshops for all in Shropshire

Andrew Howe, a local Shrewsbury based artist is running workshops for The Countryside Charity Shropshire this year. Each workshop takes place in a different area of Shropshire and will use a different medium – including cyanotype, gelli plate and botanical inks.

The sessions will include a hedgerow walk and will work with plants completely free of charge! There is a workshop on April 16th at Brickyard Farm, Wheathill (nr Bridgnorth) WV16 6QT and will focus on natural inks and mark making.

Bookings for this workshop will open Mid-March, please contact admin@cpreshropshire.org.uk to book your place or to ask any questions.



The countryside charity
Shropshire

Read Easy Shropshire Hills celebrates 5-year milestone helping adults learn to read

Just imagine how your life would be if you couldn't read letters, follow medicine instructions, or read a new recipe? Yet, for many people, who missed the opportunity of learning how to read at school, this is the reality they face every day.

Read Easy Shropshire Hills, a local volunteer organisation, has been helping adults who struggle with reading for the last five years. During this period over 35 adults have taken the brave decision to come forward and join their confidential, one-to-one coaching programme. They are paired with a trained reading coach and work together through reading manuals, in private, at a time to suit them both. It's as easy as that and its free! What's important is that everyone can learn at their own pace without feeling rushed. There's no pressure, or targets, or exams to worry about and no reminders of what it was like at school.



Learning to read as an adult is life changing. If you know someone who would like to learn to read, contact Bob Tweddle (Shrewsbury area) on 07597 350439 or by email at shcoordinator3@readeasy.org.uk . For south Shropshire contact Steve Gibbon on 07707 762653 or shcoordinator2@readeasy.org.uk

New events this month (more information available on the Events page of our website)

Ludlow Men's Shed - Women DIY Day: Friday 10:00-15:00. Booking a place is required, please email sheds.handstogetherludlow@gmail.com to do so.

For more details of any of our events please call **01584 873062** or visit our website: [Events \(handstogetherludlow.org.uk\)](https://www.handstogetherludlow.org.uk)

HANDS TOGETHER LUDLOW is grateful for funding and support provided by the community and many other organisations, such as Millichope Foundation and the Hall Garth Trust.



HANDS TOGETHER LUDLOW

connecting our community

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